

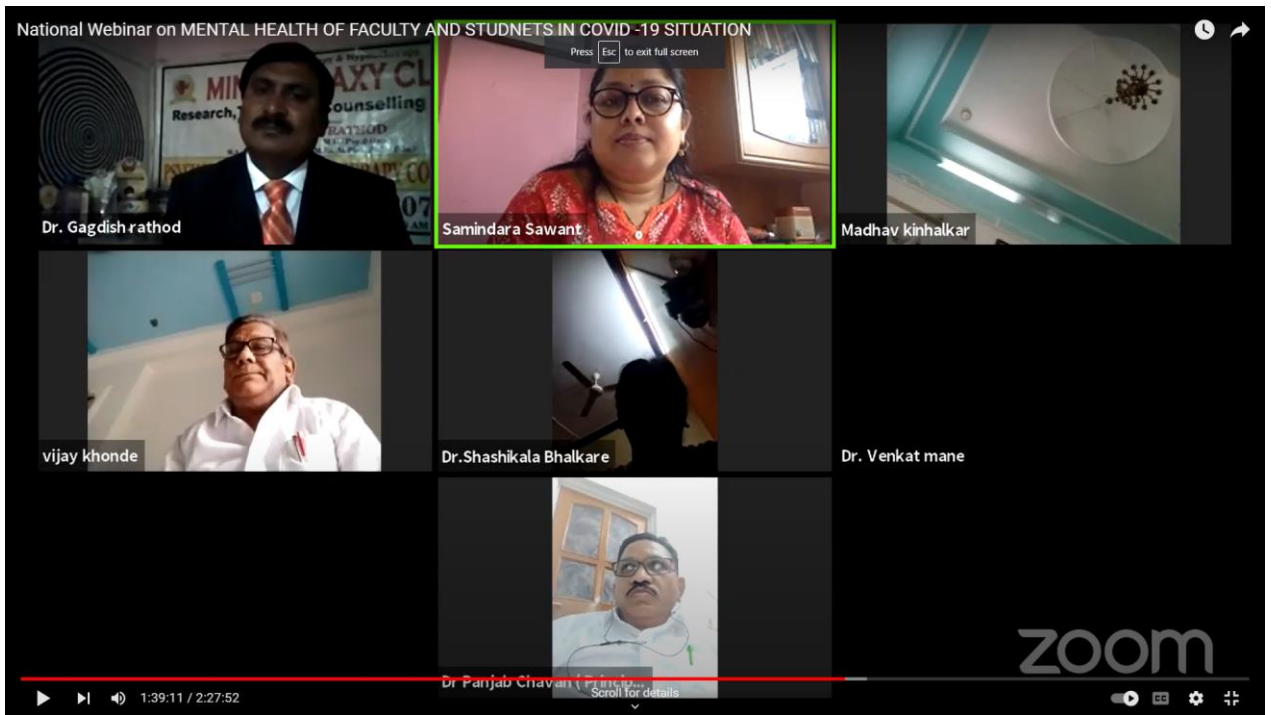
# DIGAMBARRAO BINDU COLLEGE BHOKAR, DIST NANDED

## Department of IQAC

### ACTIVITY REPORT

Activity type: (Seminar/ Webinar/ Conf./ Workshop/ Extension)	<b>Webinar</b>
Level (International/ National/ State/ University)	<b>National</b>
Title of the activity:	<b>National webinar on MENTAL HEALTH OF FACULTY AND STUDENTS IN COVID-19 SITUATION</b>
Date of Event	<b>June 3-4, 2020</b>
No. of Participant	<b>1320 (attached Participant List)</b>
Organizing Department	<b>IQAC</b>
Chief Organizer	<b>Prin. Dr. Panjab A Chavan</b>
Name of Convener	<b>Dr. Arvind Chavhan</b>
Organizing Secretary	<b>Dr. Deepak Bhusare and Dr. Satish Chavhan</b>
<b>About Event</b>	<p>The IQAC (Internal Quality Assurance cell) Digambarrao Bindu Arts commerce and Science College, Bhokar is joining hands with the parent University S.R.T.M. University, Nanded to offer a National webinar on "Mental Health of Faculty and Students in COVID-19 situation" to maintain one's physical and psychological well-being in the COVID-19 situation. The Event was inaugurated with the Auspicious hand of <b>Hon. Dr. Madhav Rao Patil Kinhalkar</b>, Former Minister Gov. of Maharashtra, and President L.B.D.S Bhokar,</p> <p>Topics covered during the webinar include Mental health, Study Habit &amp; Hypnotism, Cognitive Behavior, Mental Health &amp; Biological View point and Mind Reading, Magic &amp; Science to overcome stress, expert opinions on addressing more serious mental health issues and reflections on the mental health of faculty members students aroses during COVID-19 Lockdown.</p>
<b>Technical Session Recourse Persons and topic Covered</b>	<p><b>Day 1<sup>st</sup> : June 3, 2020</b></p> <p><b>Technical Session -I</b> <b>Topic : Mental health, study habit &amp; hypnotism</b> by <b>Dr. Jagdish Rathod</b>, Hypnotist &amp; Psychotherapist, Principal college of Education, S.P. University, Pune, M.S India</p> <p><b>Technical Session -II</b> <b>Topic: Cognitive Errors: How to identify them and Correct them</b> by <b>Ms. Samindra Sawant</b>,</p>

	Director, Disha Counselling centre Mumbai Clinical psychologist, Regression Therapist, RE-CBT Practitioner Mumbai
	<p><b>Day 2<sup>nd</sup> : June 4, 2020</b></p> <p><b>Technical Session -III</b></p> <p><b>Topic: Mental Health and Biological viewpoint</b> by <b>Dr. Vijay Khonde</b>, Associate Professor, Raje Dharmaraj College, Aheri Gondwana University, Gadchiroli, MS, India</p>
	<p><b>Technical Session -III</b></p> <p><b>Topic: Mind Reading a, Magic &amp; Science</b> by <b>Dr. Samar Bharti</b>, Mentalist and Mind reader Dehradun, UK.</p>
Feedback	Formal feedback on two days of this event was obtained from the participants in chat box and three participants were given oral feedback on resources person, theme of the conference, time management and over organization. All the participant where appreciate the organization of webinar on such important topic during the pandemic situation to improve their mental health & stability.
Valedictory Function	The Valedictory Function was chaired by Hon. <b>Dr. Vrushalitai Kinhalkar</b> , CDC Charmain, of the Institute and Eminent gynaecologist and Psychotherapist, Poets, Chief guest Principal <b>Dr. Panjab Chavan</b> , the convener <b>Dr. Arvind Chavhan</b> , IQAc Coordinator, and all the organizing committee members were grace the events with their virtual presence. Finally, the Dr. Sachin Tawade, Head Department of Botany proposed the vote of thanks.
Link of the Events	<a href="https://youtu.be/SzPjmcjFq8">https://youtu.be/SzPjmcjFq8</a> <a href="https://youtu.be/hqFNmZDTttM">https://youtu.be/hqFNmZDTttM</a> <a href="https://youtu.be/7s14TTqZx48">https://youtu.be/7s14TTqZx48</a> <a href="https://youtu.be/uehc0mn3pzo">https://youtu.be/uehc0mn3pzo</a> <a href="https://youtu.be/2Yrqrd-JYJU">https://youtu.be/2Yrqrd-JYJU</a>
Registration Link	<a href="https://forms.gle/6WviY9CwmTdBzTK9">https://forms.gle/6WviY9CwmTdBzTK9</a>
Feedback link	<a href="https://forms.gle/MaSXaGSi8RyDzqGBA">https://forms.gle/MaSXaGSi8RyDzqGBA</a>
Photographs/ Screen Shots	



National Webinar on MENTAL HEALTH OF FACULTY AND STUDENTS IN COVID -19 SITUATION

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Dr. Gagdish rathod



Samindara Sawant



vijay khonde



DIGAMBARRAO BINDU COL...



PRASHANT TAKEY

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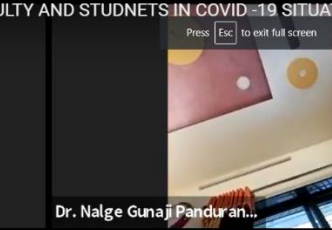


National Webinar on MENTAL HEALTH OF FACULTY AND STUDENTS IN COVID -19 SITUATION

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Dr. Lohare sunita Dhundiraj



Dr. Nalge Gunaji Panduran...



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Dr. V. D. Hattekar



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## ABOUT COLLEGE

Digambarrao Bindu Arts, Commerce and Science College, Bhokar, Dist. Nanded, is run by the parent institution Late. Digambarrao Bindu Smarak Samiti, Bhokar, Dist. Nanded. College has a glorious history of its own, it was founded as an undergraduate & Post Graduate college offering Arts, Commerce & Science courses along with B. Voc. and Community College Certificate Programmes. The College was established in 1989, initially our college was affiliated to Marathwada University, Aurangabad till 1994, from onwards college is affiliated with S. R. T. M. University, Nanded. Since college establishment we have consecutively receiving various honors from state govt., Parent University and various other agencies, continuing our best practices we have received Best Principal Award in the year 2017 & Best College Award in the year 2018 by S. R. T. M. University, Nanded.

The College is continuously providing educational facilities to rural and tribal students in the region, hence students are grabbing challenges of millennium and acquires better career opportunities both in private and government sectors. Hence its credit goes directly to the disciplined administrator, hardworking teaching faculties, Non teaching staff and healthy support in the form of text, reference books, research Journals, periodicals from the library. The college therefore desire to continue these activities undertaken in future also.

## ABOUT CONFERENCE (WEBINAR)

As part of its awareness series on COVID-19, the IQAC (Internal Quality Assurance cell) Digambarrao Bindu Arts commerce and Science College, Bhokar is joining hands with the parent University S.R.T.M. University, Nanded to offer a National webinar on "Mental Health of Faculty and Students in COVID -19 situation" to maintain one's physical and psychological well-being in the current situation on June 3-4, 2020 at 01.30 Noon to 04.30 PM.

Topics to be covered during the webinar include Mental health, Study Habit & Hypnotism, Cognitive Behavior, Mental Health & Biological View point and Mind Reading, Magic & Science to overcome stress, expert opinions on addressing more serious mental health issues and reflections on the mental health of faculty members students arises during COVID-19 Lockdown. Stress and the feelings associated with it are by no means a reflection that they cannot do their job. Managing one's mental health and psychosocial well-being during this time is as important as managing our physical health. Social distancing measures have been in place longer than anyone could have foreseen and no one really knows when things will change. Our usual outlets for expression or letting off steam may not be available to us right now - so we might need a little guidance on how to manage stress right now. So in sheduled webinar Resource persons (experts) will present on how to mind your mental health during Covid-19. Minding your mental health is always important, but the current situation creates new challenges and answer questions from participants.

## OBJECTIVE OF WEBINAR

After active engagement in this program, participants will be better able to:

- Assess and evaluate the mental health burden of the current COVID-19 pandemic.
- Prevent and manage traumatic stress related disorders, including children and families, applied to the COVID-19 pandemic.
- Prepare to practice Psychological First Aid, self care, and enhanced resilience of healthcare professionals in disasters.

Join us on, June 3-4, 2020 (01.30 PM to 04:30 pm IST) for a FREE virtual event. Open to all faculty & students.

Webinar will be conducted on ZOOM App, ID & Passwords will be sent to participants Registered Email id and telegram group.

Registration link : <https://forms.gle/6WviY9CwmTdBEzTK9>

Link for Telegram: <https://t.me/joinchat/Kj2GOhg4HW1cFWoRQ1D95w>

Program Info: <http://www.dbcbhokar.in>

Email: [eventdbcbhokar@gmail.com](mailto:eventdbcbhokar@gmail.com) | [iqacdbcbhokar@gmail.com](mailto:iqacdbcbhokar@gmail.com)

Note E-certificate will be issued to the participants after successful participation and submission of feedback form only.

OUR MEDIA CENTER AND SPONSORED

**DBC MEDIA CENTER**  
Innovative Pedagogy Development Centre

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## Schedule-at-a-Glance (Each session contains 10 min Q&A)

### DAY 1<sup>st</sup> June 3, 2020

#### 01:30 - 02:00 PM Introduction & Welcome Address



**Hon. Dr. Madhavrao Patil Kinhalakar**  
Ex. Minister, Govt. Maharashtra State, President, L.D.B.S.S. Bhokar



**Hon. Dr. Vrushalitai Kinhalakar**  
Chairman, CDC, DBC, Bhokar, Renown Gynecologist, Psychologist & Poet.



**Dr. Panjab A Chavan**  
Principal, Digambarrao Bindu ACS College, Bhokar, Dist. Nanded

#### TECHNICAL SESSION -I

#### 02:00 - 03:00 PM Mental health, Study Habit & Hypnotism



**Dr. Jagdish B. Rathod**  
Hypnotist & Psychotherapist, Principal, College of Education, S.P.Pune University, MS, India

#### TECHNICAL SESSION -II

#### 03:10 - 04:10 PM Cognitive Errors: How to Identify Them and Correct Them



**Ms. Samindara Sawant**  
Director, Disha Counseling Center, Mumbai Clinical Psychologist, Regression Therapist, RE-CBT Practitioner, Mumbai

### DAY 2<sup>nd</sup> June 4, 2020

#### TECHNICAL SESSION -III

#### 01:30 - 02:30 PM Mental Health & Biological Viewpoint



**Dr. Vijay Khonde**  
Associate Professor, Rajee. Dharmraj College, Aheri Gondwana University, Gadchiroli, MS, India

#### TECHNICAL SESSION -IV

#### 02:40 - 03:40 PM Mind Reading, Magic & Science

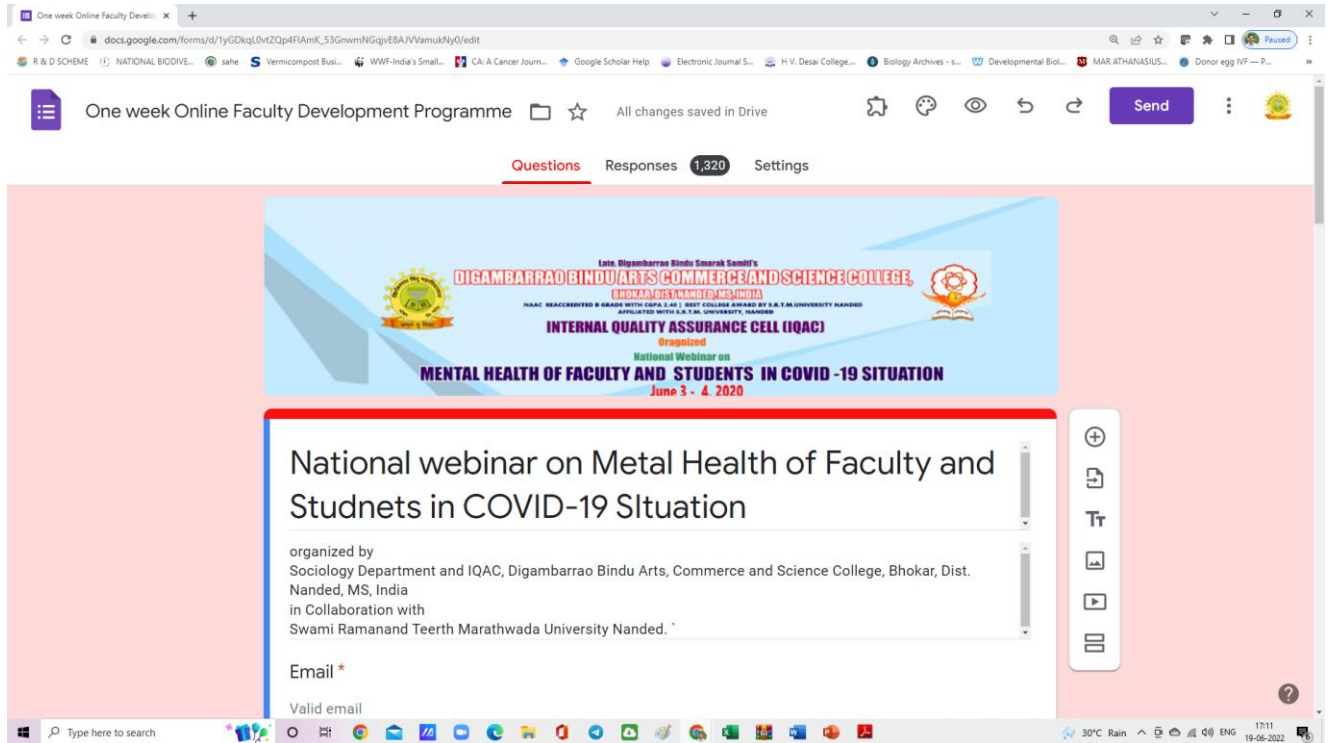


**Dr. Samar Bharati**  
Mentalist and Mind Reader Dehardun, UK, India

#### Feedback & Valedictory Function

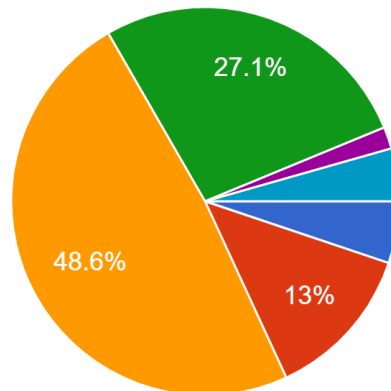
#### 03:40 - 04:30 PM Speakers Panel & Discussion Feedback and Valedictory Function

# Registration



## Designation

1,320 responses

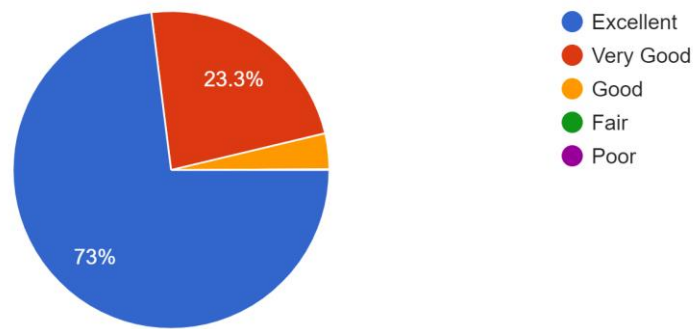


- Professor
- Associate Professor
- Assistant Professor
- Studnets
- Professional
- Other

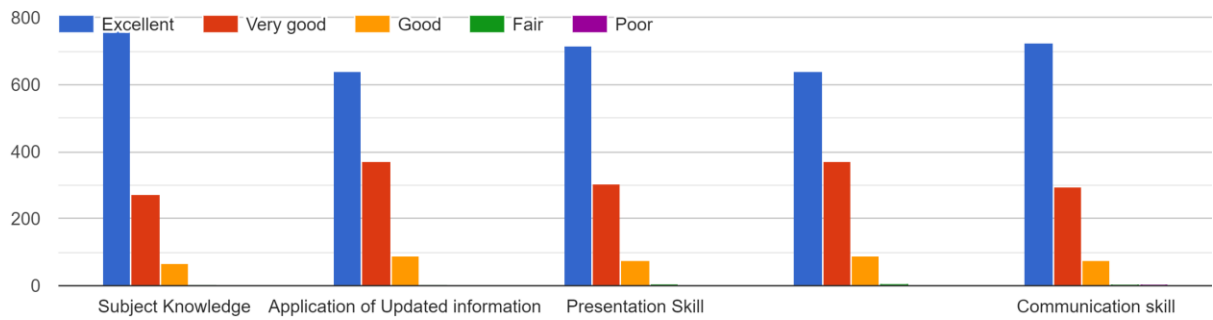
# Feedback

Please state the overall Experience of the two day's webinar

1,104 responses

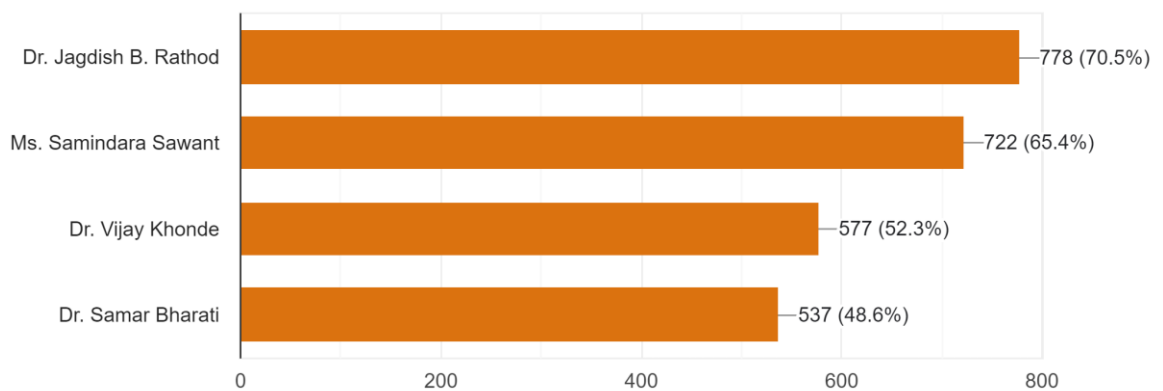


Please rate to our resource persons of the webinar



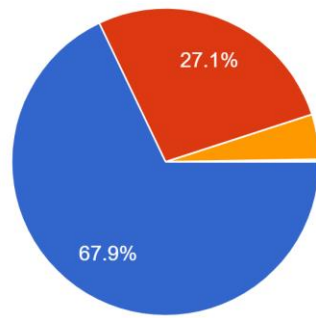
Which talk of this webinar were most useful?

1,104 responses



How did you find the content of the session? \*

1,103 responses



- Excellent
- Very good
- Good
- Fair
- Poor